



OPEN HOUSE: Thursday, November 12, 2015

3 PM – 7PM

AGENDA FOR THE EVENING:

- 3:00-3:30pm** Welcome!! Free time to explore and get acquainted.
- 3:30-4:30pm** **“Brain Fitness”**- Bob Best, Executive Director at Oak Hill Terrace, shares fun ways to keep your brain sharp!
- 4:30-5:30pm** Time to browse our exhibits, relax and enjoy the sights and sounds of the evening!
- 5:30-6:30pm** **“Honoring Choices”** Advance-directive planning with Lee Clay, RN Community Health Education Coordinator, ADRC.
- 6:30-7:00pm** Last chance to visit our exhibits and take advantage of the evening’s offerings!

Special complimentary services being offered:

- **Laughter Yoga**- Beth Boeck, MSW, LCSW
 - **Therapeutic Touch**- Jacqui Weber, MS
 - **Technology Assistance**- Arrowhead HS National Honor Society Students (bring your phones and tablets!)
 - **Hand Massage**- Sue Walton, LMT
 - **Blood Pressure/Glucose/Cholesterol Screening**- Waukesha Co. Public Health Nurses
- ◇ There is no fee or registration required to attend this event; join us at your leisure! Refreshments provided.
- ◇ Relaxing harp music provided by Dorothy Walsh, Harpist, Milwaukee Public Theater (UPAF).

Caregiving is a journey. Let the ADRC help you prepare!



Some of the exhibitors who will be on hand to help you plan your journey:

Alzheimer’s Association
The Caregiver Connection
The Caring Place
Curative Care Network
Donna Lexa Art Centers
Interfaith Senior Programs
Mindworks
ProHealth Care
SPARK!AIR
YMCA
ADRC Caregiver Intermision
ADRC Dementia Care Specialist
ADRC Elder Benefit Specialist

Off-site adult respite care will be available with advance notice.
Please call the **ADRC 262-548-7848** to make respite arrangements.

ADRC of Waukesha County

514 Riverview Ave

Waukesha, WI 53188

262-548-7848